

B	I	N	G	O
Unsure	Afraid	Disappointed	Relaxed	Grounded
Confused	Surprised	Hysterical	Aggravated	Powerless
Startled	Apprehensive	FREE	Hurt	Enraged
Excited	Sad	Grief	Irritated	Satisfied
Distraught	Distracted	Happy	Bitter	Calm

B	I	N	G	O
Hurt	Grounded	Apprehensive	Startled	Bitter
Relaxed	Enraged	Excited	Surprised	Aggravated
Upset	Happy	FREE	Confused	Disappointed
Irritated	Powerless	Hysterical	Sad	Calm
Afraid	Unsure	Worried	Depressed	Distracted

B	I	N	G	O
Hurt	Confused	Irritated	Depressed	Aggravated
Afraid	Worried	Upset	Calm	Surprised
Content	Sad	FREE	Grief	Powerless
Happy	Excited	Enraged	Apprehensive	Satisfied
Bitter	Startled	Grounded	Disappointed	Hysterical